



Icelandic Bodybuilding and Fitness Federation

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Address: Fitness á Íslandi – Einar Guðmann - Hlíðargata 5 - 600 Akureyri – Iceland

Email: ifbb@fitness.is

February 2010

Reykjavik Grand Prix

AMATEUR COMPETITION – Reykjavík, Iceland, April 10th

- **MEN'S AND WOMEN'S BODYBUILDING**
- **MEN'S AND WOMEN'S CLASSIC BODYBUILDING**
- **WOMEN'S BODYFITNESS (figure)**

Welcome to the Reykjavik Grand Prix 2010- Amateur competition in Bodybuilding, Body Fitness, Classic Bodybuilding and Modelfitness. The competition is arranged by The Icelandic Bodybuilding and Fitness Federation (www.fitness.is).

LOCATION:

The competition will be held at Háskólabíó (www.haskolabio.is) which is located at Hagatorg in Reykjavik. The large hall takes 970 seats, has a sloping floor and 100m² platform on two levels.



The 4-star Radisson SAS Saga Hotel is just across the road, with 209 rooms and suites, restaurants, bars and lounges. There are many more first-class hotels in the city centre. The University Cinema has hosted regular domestic and international events for many years, for the medical and pharmaceutical sector, the industrial and technical sector, public and international institutions, advertising and marketing and many more.

CATEGORIES:

- **Men's BODYBUILDING:**
 - 80 kg
 - 90 kg
 - 100 kg
 - + 100 kg
- **Women's BODYBUILDING:**
 - One open class
- **Men's CLASSIC BODYBUILDING:**
 - 180 cm
 - + 180 cm
- **Women's CLASSIC BODYBUILDING:**
 - 163 cm
 - + 163 cm
- **Women's BODY FITNESS:**
 - 163 cm
 - + 163 cm
- **Women's MODELFITNESS:**
 - One open category (Demo category)



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SCHEDULE:

Saturday 10th of april: Starts at 17.00 hrs.

WEIGH-IN/REGISTRATION

The weigh-in for bodybuilders and the registration for fitness athletes will be held at Háskólabíó, Hagatorg, 107 Reykjavík on Friday 9th of April at 19.00. Please be there in time. The weigh in closes at 21.00. Competitors should show up in posing trunks/bikinis at the weigh in. Bodyfitness competitors should also bring the swimsuit, shoes and two piece bikini.

ENTRY FORM

Deadline for final entry form is 4th of April 2009. The entry form should be sent by the National federation, not the competitors. Please send as soon as possible estimated number of competitors in each category.

Send the entry form to Einar Gudmann - ifbb@fitness.is

Information needed:

Name of competitor, date of birt, category and email.

HOTEL

We recommend three hotels in Reykjavík though there are many to choose from.

Saga Hotel Reykjavik

<http://www.saga.reykjavik.radissonsas.com/>

(Close to the competition arena)

Hótel Björk <http://keahotels.is/template26.asp?pageid=413>

Booking can be sent to bjork@keahotels.is reference "Fitness"

Hotel Borg <http://en.hotelborg.is/>

Booking can be sent to: hotelborg@hotelborg.is reference "Fitness".

TICKETS

Tickets will be available at the door.

Prices: 2000,- ISK (11 Euro)

RULES

The competition is arranged according to the rules set by IFBB/EFBB.

MORE INFO:

Visit our website at www.fitness.is

Or contact

Einar Gudmann

Email: ifbb@fitness.is